



Cooking and Eating at Home

- The serving size for:
 - Meat, Poultry and Seafood is 3 ounces.
This is about the size of a deck of cards.
 - Pasta and vegetables are 1/2 cup, or about the size of half a baseball.
 - Cheese is 1 1/2 ounce or the size of four dice.
 - 1 cup cereal is about the size of a baseball.
- Cooking Tip: If you want the taste of fat in your vegetables, add 1 piece of bacon or 1 slice of smoked turkey or ham.

DID YOU KNOW...

- If you eat an extra 250 calories a day, you'll gain 2 pounds a month.
- That's **24 pounds** in a year!



For more information:
Toll Free

1-866-369-9333

Office of Public Health Nutrition

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